

DRINK HOT WATER IF YOU DESIRE A ROSY COMPLEXION

Says we can't help but look better and feel better after an inside bath.

To look one's best and feel one's best is to enjoy an inside bath each morning to flush from the system the previous day's waste, sour fermentations and poisonous toxins before it is absorbed into the blood. Just as coal, when it burns, leaves behind a certain amount of combustible material in the form of ashes, so the food and drink taken each day leave the alimentary organs a certain amount of indigestible material, which if not eliminated, form toxins and poisons which are then sucked into the blood through the very ducts which are intended to suck in only nourishment to sustain the body.

If you want to see the glow of healthy bloom in your cheeks; to see your skin get clearer and clearer, you are told to drink every morning upon arising, a glass of hot water with a teaspoonful of limestone phosphate in it, which is a harmless means of washing the waste material and toxins from the stomach, liver, kidneys and bowels, thus cleansing, sweetening and purifying the entire alimentary tract, before putting more food into the stomach.

Men and women with sallow skins, liver spots, pimples or pallid complexion, also those who wake up with a coated tongue, bad taste, nasty breath, others who are bothered with headaches, bilious spells, acid stomach or constipation should begin this phosphated hot water drinking and are assured of very pronounced results in one or two weeks.

A quarter pound of limestone phosphate costs very little at the drug store but is sufficient to demonstrate that just as soap and hot water cleanses, purifies and freshens the skin on the outside, so hot water and limestone phosphate act on the inside organs. We must always consider that internal sanitation is vastly more important than outside cleanliness, because the skin pores do not absorb impurities into the blood, while the bowel pores do.—Adv.

LIEUT. DUNCAN HURT TRYING TO ESCAPE

American Aviator Slid Down Bedclothes in Swiss Internment Camp But His Support Broke.

Geneva, Sunday, Oct. 20.—Lieutenant Duncan, the American aviator, with a companion, who landed in the Jura Alps with his undamaged machine a month ago, and was interned, made a bold but futile attempt to escape from the internment camp at Andermatt on Wednesday night. He made a rope with bedclothes and slid down the wall around the barracks, but when he was some distance from the ground the rope broke and he was badly injured. He was arrested when he emerged from a long tunnel between Andermatt and Göschenen. He was taken back to Andermatt and the guard at camp was doubled.

SPANISH INFLUENZA—A NEW NAME FOR AN OLD FAMILIAR DISEASE

Simply the Same Old Grip That Has Swept Over the World Time and Again—The Last Epidemic in the United States Was in 1889-90.

Spanish influenza, which appeared in Spain in May, has swept over the world in numerous epidemics as far back as history runs. Hippocrates refers to an epidemic in 412 B. C., which is regarded by many to have been influenza. Every century has had its attacks. Beginning with 1831, this country has had five epidemics, the last in 1889-90.

THE SYMPTOMS.

Grip, or influenza as it is now called, usually begins with a chill followed by aching, feverishness and sometimes nausea and dizziness, and a general feeling of weakness and depression. The temperature is from 100 to 104, and the fever usually lasts from three to five days. The germs attack the mucous membrane, or lining of the air passages—nose, throat and bronchial tubes—there is usually a hard cough, especially bad at night, often times a sore throat or tonsillitis, and frequently all the appearances of a severe head cold.

THE TREATMENT

Go to bed at the first symptoms—take a purgative, eat plenty of nourishing food, remain perfectly quiet and don't worry. Nature herself is the only cure for influenza and will throw off the attack if only you conserve your strength. A little Quinine, Aspirin or Dover's Powders may be given by the physician's directions to allay the aching. Always call a doctor, since the chief danger of grip is in its weakening effect on the system, which allows complications to develop. These are chiefly pneumonia and bronchitis, sometimes inflammation of the middle ear, or heart affections. For these reasons, it is very important that the patient remain in bed until his strength returns—stay in bed at least two days or more after the fever has left you, or if you are over 50 or not strong, stay in bed four days or more, according to the severity of the attack.

EXTERNAL APPLICATIONS

In order to stimulate the lining of the air passages to throw off the grip germs, to aid in loosening the phlegm and keeping the air passages open, thus making the breathing easier, Vick's VapoRub will be found effective. Hot, wet towels should be applied over the throat, chest and back between the shoulder blades to open the pores. Then VapoRub should be rubbed in over the parts until the skin is red, spread on thickly and covered with two thicknesses of hot flannel or cloths. Leave the clothing loose around the neck, as the heat of the body liberates the ingredients in the form of vapors. These vapors, inhaled with each breath, carry the medication directly to the parts affected. At the same time, VapoRub is absorbed through and stimulates

CHILD KILLED BY TABLETS

Clarence, 5-Year-Old Son of
Clarence B. Ritchie of
Brattleboro

ATE THE POISON IN MOTHER'S ABSENCE

When Mrs. Ritchie Returned
She Found the Boy
Unconscious

Brattleboro, Oct. 21.—Tablets of medicine left within a small child's reach caused the death late yesterday afternoon of Clarence Ritchie, aged 5, son of Mr. and Mrs. Clarence B. Ritchie of 68 Prospect street. The lad and two younger brothers and a younger sister were locked in the house when the mother went to the home of her husband's brother on an errand and while she was away the oldest child found the tablets in envelopes on a table, where they had been left by his father, who had been ill with influenza. The lad was unconscious when his mother returned and was dead when Dr. William Kaine arrived a few minutes later. Dr. Henry Tucker, health officer, was called but decided that an autopsy was not necessary.

TELEGRAPH OPERATORS

Are Wanted to Go with American Expeditionary Forces.

1. Recent cable requisitions from the American expeditionary forces requested the sending to France, prior to June 30, 1919, of 720 bonus Morse telegraph operators, their arrival to be distributed at an average rate of about 100 a month. 2. As extreme difficulty is being experienced in locating this highly trained personnel, it is requested that, if practicable, an article, substantially as follows, be inserted in your publication: "The signal corps of the army desires to secure for service in France with the American expeditionary forces, prior to June 30, 1919, 720 bonus Morse telegraph operators. It is contemplated to send these operators overseas at an average rate of about 100 a month. "Qualified operators will be inducted or enlisted into the service in the grade of private, subsequent promotions being entirely dependent upon the ability shown by the individual. Opportunities for rapid advancement are excellent. "All interested bonus Morse telegraph operators are requested to communicate with the Department Signal Officer, Headquarters Northeastern Department, 99 Chauncy street, Boston, Mass., outlining their experience, stating age, and submitting complete information relative to their status in the draft, including their serial and order numbers, classification and name and location of local board having jurisdiction. "Foster Vetterlein, Major, "Signal Corps, Dept. Signal Officer."

AMERICAN SNIPERS WELL CAMOUFLAGED

Are So Completely Concealed That Their Presence Can Be Detected Only When 25 Feet Away.

Behind the American lines in France, Oct. 18 (correspondence of the Associated Press).—The American sniper wears a fantastic suit of green burlap with tufts of raffia, or Madagascan grass, sewed thickly all over the coats and trousers. The coat has a headpiece with eye-holes so that the sniper's head is completely enveloped.

American troops in the Vosges have used these camouflage suits with great effect. The grass-covered burlap is merged into the grass through which the sniper crawls and even when only 25 feet distant his presence cannot be detected.

These suits are made by French women in the American camouflage station behind the lines.

The "disappearing building" is one of the curious contrivances of the camouflage artists here. The building is the size of a two-story frame cottage. When viewed close at hand it stands out plainly enough, and even at 100 feet the cottage is quite clear. But at the distance from which enemy observations would be made, or from an airplane at 8,000 feet, the building does in fact "disappear." This is done by the painting in great wavy lines of green and brown, which, at a distance, obliterate the straight lines of roof, gable, windows and doors, and transform the whole structure into a blur of green-brown color which blends into the grass and ground.

"That is the director of properties for David Belasco," said the scout, as we passed a soldier. This disclosed that, besides the artists of this camouflage coloring, there are well-known actors, stage managers, scene painters, property directors and cinema artists.

The actors gave a show the other night for the women workers. There was a camouflage chariot race, camouflage gladiators, and camouflage lions and tigers. One of the camouflage tigers looked so real that it nearly caused a panic when it got down among the women.

Colonel Bennion's camouflage force, besides the 900 people here, has 250 more along the front—15 men and an officer with each American division erecting camouflage devices and putting into use dummies and decoys.

Two of the camouflage force at the front have been killed, Sergeant Ernest A. Herter, son of a well-known interior decorator of New York, and Lieutenant Harry Thrasher, an American sculptor, who fell as the Americans were hammering their way into Fismes.

PRIEST IS PRIVATE.

Rev. Fr. Biskup Has Been Fighting in the Czechoslovak Legion.

Paris, Oct. 20.—To Rev. Father Alphonse Biskup, curate of Marie Celie church, Chicago, has fallen the honor of being probably the first Catholic priest from the United States to serve in the ranks of the allies as a private. The Rev. Father Biskup is now "Private" Biskup of the Czechoslovak legion and has taken part in several engagements with the boche.

When the United States entered the war, Rev. Father Biskup tried to enlist in the United States army as a regular chaplain, and when he failed in that effort, he enrolled as a volunteer with the Knights of Columbus and landed in France as a volunteer chaplain. As his parents are of Czech nationality, although American citizens, he tried to get in the Czechoslovak legion here, but found he could not do so as a Knights of Columbus chaplain, because the Czechs are serving as part of the French forces. He obtained permission from the Knights to enlist in the Czech legion and at once did so.

"Private" Biskup, when he visited the headquarters of the Knights of Columbus in this city the other day to obtain supplies for the men of his regiment, told of the joy with which the Czechoslovaks received the news that the United States had recognized their independence. "It gave those men new spirit. I have been with them in several engagements and they have proved fine fighters, but they are going to be even better now, for they are fighting for something very dear to all men of the Czech race," he said.

TWO PROMINENT RUSSIANS SHOT

Vladimir Kokovoff and Prince Shakovsky Condemned to Death by People's Court.

Amsterdam, Oct. 19.—Vladimir K. Kokovoff, former Russian minister of finance, and Prince Shakovsky, former minister of trade and commerce, have been summarily shot, according to a Moscow dispatch to the Nokol Anzeiger of Berlin. They had been condemned to death by the people's court.

V. N. Kokovoff had a noted career in Russian politics and was minister of finance in several cabinets during the imperial regime. He also served for a short time as premier. Prince Shakovsky was a member of several ministries during the Kerensky regime.

ANOTHER EARTHQUAKE

Disturbed the Seismographs in St. Louis Last Night.

St. Louis, Oct. 19.—Earthquake tremors were recorded on the seismograph at the St. Louis university last night from 10:25 to 11:05 o'clock. The distance was estimated at 1,800 miles almost due south.

DUTCH WILL FEED REFUGEES.

Will Otherwise Care for People Fleeing from Belgium.

Amsterdam, Oct. 19.—The Dutch government is prepared to feed, clothe and care for fugitives entering Holland from Belgium, according to a statement made by Premier Rijnls de Beerenbroek, in the chamber yesterday.

Little Willie's Prayer.

Little Willie, who for some months had always ended his evening prayer with "Please send me a baby brother," announced to his mother that he was tired of praying for what he did not get, and that he did not believe God had more little boys to send. Not long afterward he was carried into his mother's room early in the morning to see his twin brothers, who had arrived during the night. Willie looked at the two babies critically and then remarked: "It's a good thing I stopped praying when I did."—Farm and Fireside.

Don't Be Afraid

of

Spanish Influenza

While You Have

Mysterious Pain Ease

In Your Home

For Influenza

And colds a gargle and throat spray of one teaspoonful in a quarter glass of water is death to germs that first attack the throat. A teaspoonful of prevention is better than a week in bed.

Mysterious Pain Ease

For 30 years has been a proven remedy for colds, grippe, and bronchial affections, sore throat and tonsillitis. Bathe the throat and use as a gargle or spray and relief will come in a few hours.

Doctors Use and Prescribe It!

Why Don't You?

It quickly relieves the pain from

Rheumatism, Sciatica, Neuralgia, Tonsillitis, Sore Throat, Sprains, etc.

All pain looks alike to Mysterious Pain Ease.

Your Druggist Has It. Ask Him

Manufactured and guaranteed by Junius Barnes & Son, Burlington, Vt.

Topics of the Home and Household.

Shell combs may be freshened and brightened by using nail polish on them and then polishing with a buffer.

A spoon with a bent handle, like a baby's spoon, is a great help in a sick room, as it may be set down when filled, if necessary, leaving the nurse's hands free.—Woman's World.

Cottage Cheese.

When the curds of cottage cheese refuse to be anything but tough and lumpy after they have been drained through a cheese cloth bag, try running them through the food chopper and see how light and delicate they become.

If you want to add piquancy to cottage cheese, either purchased at the store or made at home, add a few chopped up cherries.

Another way of varying the flavor is to mix in it tiny chopped onions.

Rice Pudding with Steamed Fruit.—Take 2 cups of rice pudding that has become very stiff when cold, and mix with it a cup of stewed and chopped tart prunes. Pile it lightly in a glass dish and serve it with the prunes, nice, sweetened and thickened with a little corn starch. Other fruits than prunes may be used.

Bermuda Onion and Orange Salad.—For the individual salad use one slice Bermuda onion and two of orange. Serve on lettuce leaves with French dressing.

Huckleberry Dumplings.—1½ cups left-over huckleberries, 4 tablespoons sugar, 1 teaspoonful vinegar, 1 teaspoonful cinnamon, 3 tablespoons water. Put above ingredients into saucepan and let them come just to the boil. While these are heating stir together 1 cup of flour, 2 teaspoonfuls of baking powder and ¼ teaspoonful of salt. Beat up 1 egg.

FROM OCEAN TO OCEAN

Women Praise Lydia E. Pinkham's Vegetable Compound for Health Restored.

In almost every neighborhood in America are women who have tried this standard remedy for female ills and know its worth.

Athol, Mass.—"Lydia E. Pinkham's Vegetable Compound has done me a world of good. I suffered from a weakness and a great deal of pain every month and nothing brought me any relief until I tried this famous medicine. I am a different woman since I took it and want others who suffer to know about it."—Mrs. ARTHUR LAWSON, 559 Cottage St., Athol, Mass.

San Francisco, Cal.—"I was in a very weak nervous condition, having suffered terribly from a female trouble for over five years. I had taken all kinds of medicine and had many different doctors and they all said I would have to be operated on, but Lydia E. Pinkham's Vegetable Compound cured me entirely and now I am a strong well woman."—Mrs. H. ROSSKAMP, 1447 Devisadero St., San Francisco, Cal.

For special advice in regard to such ailments write Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of its many years experience is at your service.

add to it about 2 tablespoonfuls of milk and stir lightly into the dry materials. There should be just liquid enough to wet the flour, and make a very stiff dough. Drop by spoonfuls into the boiling huckleberries, cover tightly, and boil 10 minutes without removing the cover. Serve at once. A mixture of huckleberry-vinegar omitted.

Victory Breads.

Potatoes are plentiful, use them in bread. This bread is especially valuable because of the body regulating substances which it contains.

Potato Yeast Bread.—1 or 2 cakes compressed yeast, 1 cup lukewarm water, 4 teaspoonfuls salt, 3 tablespoonfuls corn syrup, ¾ cups mashed potatoes, 7 cups flour (more or less may be needed). Mix as follows: Soften the yeast in the liquid and then add (1) salt, (2) syrup, (3) potato, and enough of the flour to make a stiff dough. Mix and knead thoroughly. Let raise 2½ hours, or until double in bulk. Knead or cut down the dough, add the remaining flour, and let raise again until double in bulk (about 1½ hours). Shape into loaves. Let raise in pans until double in bulk. Bake 50 minutes to 1 hour.

The horn of plenty brims with corn. Every time you make three loaves of this bread instead of white bread you save more than a pound of wheat flour.

Cornmeal Yeast Bread.—1 quart water, 1 or 2 cakes compressed yeast, ¾ teaspoonful salt, 3 tablespoonfuls corn syrup, 1½ cups corn meal, 8 cups flour. Mix as follows: Soften the yeast in ½ cup of water (lukewarm). Heat the rest of boiling, then stir in the cornmeal. Let it boil up once. Cool, add the salt and syrup, and when lukewarm add the softened yeast. Then add the flour to make a stiff dough. Follow the directions for kneading, raising and baking given for potato bread.

Oats make brown for the Scotchman. Why not for you? You'll find only one thing the matter with this bread—the family will want to eat too much of it.

Oatmeal Yeast Bread.—1 quart water, 1 or 2 cakes compressed yeast, 4 teaspoonfuls salt, 3 tablespoonfuls corn syrup, 3 cups rolled oats, 8 cups flour. Mix as follows: Soften the yeast in ½ cup of water (lukewarm). Heat the rest to boiling, then stir in the rolled oats. Let it boil up once. Cool, add the salt and syrup, and when lukewarm add the softened yeast. Then add the flour to make a stiff dough. Follow the directions for kneading, raising and baking given for potato bread.

Rice bread is always popular. Ask your grocer to get broken rice. It's cheaper and just as good.

Rice Bread.—1 quart water, 1 cup rice, 1 or 2 cakes compressed yeast, ½ cup lukewarm water, 4 teaspoonfuls salt, 3 tablespoonfuls corn syrup, 6 cups flour. Mix as follows: Cook the rice until soft in the 1 quart of water. Cool until lukewarm, then add (1) the yeast softened in the ½ cup of lukewarm water, (2) the salt, (3) syrup and (4) the flour. Follow directions for kneading, raising and baking given for the potato bread.

Barley makes a good loaf. If barley is available in your section of the country use this recipe occasionally. "Variety is the spice of life."

Barley Bread.—1 quart water, 1 cup pearl barley, 1 or 2 cakes compressed yeast, ½ cup lukewarm water, 5 teaspoonfuls salt, 2 tablespoonfuls corn syrup, 7 cups flour. Mix as follows: Soak the barley in the 1 quart of water over night. Boil in the same water until soft, mash fine, then cool until lukewarm. Add (1) the yeast softened in the ½ cup of water, (2) the salt, (3) syrup and (4) flour to make a stiff dough. Follow directions for kneading, raising and baking given for potato bread.

Did you ever hear of bean bread? Here is a new bread. Try it on the family. Bean Bread.—1 quart water, 1 cup beans, 1 or 2 cakes compressed yeast, ½ cup lukewarm water, 5 teaspoonfuls salt, 2 tablespoonfuls molasses, 8 cups flour. Mix as follows: Soak the beans over night. Drain off the water in which they were soaked and cook until soft in the 1 quart of water. Put through a sieve or a po-

tato ricer, cool and when lukewarm add (1) the yeast softened in the ½ cup of water, (2) the salt, (3) the molasses and (4) the flour to make a stiff dough. Follow directions for kneading, rising and baking given for potato bread. The beans may be simply mashed and the hulls used in the bread if desired.

Crumbs from any woman's table. What do you do with your stale bread? Do you know that bread crumbs can be worked into the bread dough? Remember this recipe. It's thrifty and it's good.

Bread Crumb Bread.—1 quart lukewarm water, 1 or 2 cakes compressed yeast, 4 teaspoonfuls salt, 2 tablespoonfuls molasses, 4 cups fine bread crumbs, 8 cups flour. Mix as follows: Soften the yeast in ½ cup of water. Add to the rest of the liquid (1) the yeast mixture, (2) the salt, (3) the molasses, (4) the crumbs and (5) the flour to make a stiff dough. Follow directions for kneading, rising and baking given for potato bread. Each of the recipes given here saves from a pound to a pound and a half of wheat.

An ounce of wheat flour saved is a pound of victory earned.

Dorothy Dexter.

IDOL IS A PUZZLE

Carving at Copan, Honduras, Mystery to Scientists.

Evidently Intended to Represent Elephant, But Strange Thing Is Where the Sculptor Could Have Got His Model.

Where did the prehistoric inhabitants of Central America get their idea of an elephant as modeled in an elaborately-carved idol at Copan? For there never were any elephants in America. Dr. G. Elliott Smith of the University of Manchester, England, writes to Nature that this is certainly a picture of an Indian elephant.

"It is equally clear," writes Professor Smith, "that the sculptor of the monument was not familiar with the actual animal, for, according to Doctor Maudslayi and Seiler, he has mistaken the eye for the nostril, and the auditory meatus for the eye, and represented the trunk in a conventionalized manner, without any adequate realization of the true nature of the features he was modeling."

"Having converted the auditory meatus into an eye the sculptor had to deal with the auditory pinna, the meaning of which no doubt was a puzzle to him. He solved these difficulties by converting it into a geometrical pattern, which, however, he was careful to restrict to the area occupied by the relatively small pinna that is distinctive of the Indian species of elephant."

"The designer also lost his bearings when he came to deal with the turbaned rider of the elephant. No doubt in the original model the rider's turban was obscured by the pinna; but in the Copan sculpture he has lost his trunk also."

"All these features go to prove quite conclusively that the sculpture represents an elephant's head, and that it was not modeled from the real creature. In other words, the craftsman was copying an earlier model (probably made by some immigrant from Asia) without understanding the 'points' of the elephant."

Professor Smith's attention to

several other representations of the elephant in America that possess many strange details in common with the earlier sculptured representations of that animal in India. Also that the pre-Columbian Mexicans played the complicated Indian game called pachisi, that some of the Aztec picture writings are a series of scenes taken from the Japanese Buddhist temple scrolls. He calls ludicrous the attempt to identify these elephants with blue macaws, and he cites many remarkable coincidences between the attributes of Taloc, the Mexican elephant-headed god of rain, thunder and lightning, and those of the Hindu Indra, also god of rain, thunder and lightning.

His conclusion is that the Hindu god Indra was adopted in Central



The Elephant Carving at Copan, Honduras—The Ancient Aztecs Evidently Copied It From an Asiatic Picture, Mistaking the Eye for a Nostril and the Meatus of the Ear for an Eye.

America with practically all the attributes assigned to him in his Asiatic home, and that the ancient Mexicans got their idea of elephants from pictures of them brought from Asia long before Columbus came from Europe.

By what channel these ancient Americans received these things from the old world remains one of the deepest of the mysteries of history.

English Centenarian.

Hale and hearty, Miss Ruth Roberts of Folkestone, England, has reached the age of one hundred and three years. She is still able to do most of her own work. She suffers from slightly defective hearing, but maintains all her faculties, and walks about the town when the weather is suitable. Her father fought and was wounded at Waterloo.

They're mighty good for little guys like me—says Bobby

POST
TOASTIES
(MADE OF CORN)